



# Hydrating Cream Peel Facial

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### Signs of Aging Collection

#### Level 1: Spa Therapy

**Cost per Treatment: \$8.00**

**Recommended For:**

All Skin Types Showing Early to Medium Signs of Aging and Sun Damage.

**Menu Treatment Description**

This gentle hydrating facial helps smooth lines, wrinkles and uneven texture as it soothes and renews. The lactic acid and peptide peel — sweeping away dead skin cells that dull the complexion— offers efficient exfoliation without any worry of redness, sensitivity or dryness. An excellent introduction to anti-aging facials, this pampering treatment is ideal as monthly maintenance for dry, sensitive or any other skin type craving comfort, restoration and hydration.

**Professional Treatment Description:**

This Hydrating Cream Peel Facial is aimed at restoring tone and vitality to the skin. Your skin will be left feeling hydrated, nourished and smooth as fine lines are minimized.

**Recommended Skin Type:**

All skin types showing the signs of aging. Excellent for a busy professional or avid traveler.

**Product Overview:**

- Sensitive Skin Cleansing Milk
- Sensitive Skin Tonic
- Hydra Calm Massage Oil
- Balancing Thermogel Mask
- Revitalizing Cream Peel
- Firming Tri-Peptide Serum
- Collagen Eye Defense
- Anti-Wrinkle Face and Neck Cream
- Oil-Free Sunscreen SPF 30

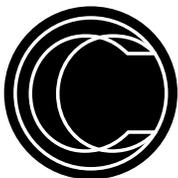
**Equipment and Supplies Overview:**

- Cotton rounds
- 3 Warm Towels
- Essential Oils
- 4 x 4 Gauze or Cotton Squares
- 4 Fan Brushes
- Q-tips
- Steamer
- High Frequency

**Treatment Duration:**

55 Minute Spa Therapy

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## Cleanse Phase – Time 5-7 minutes

Step 1 First Cleanse: Begin facial cleanse while steaming and warming up the skin. Apply **Sensitive Skin Cleansing Milk** and cleanse the face, neck and décolleté. Soak cotton rounds in warm water and spray a small amount of **Soothing Chamomile Eye Makeup Remover**. Apply to eyes and wrap face in a warm towel with an aromatic calming blend. Compress towel and let client breathe in the essential oil for approximately 30 seconds. Unwrap towel; remove eye pads and excess make-up. Use towel to remove cleanser.

Step 2 Second Cleanse: Perform a second cleanse with the **Sensitive Skin Cleansing Milk**. Wrap face in warm towel with aromatic calming blend. Remove remaining cleanser and additionally remove steam from face.

## Skin Analysis and Exfoliation Phase – Time 10-15 minutes

Step 3 Perform Skin Analysis

Step 4 Measure approximately ½ -1 flat teaspoon of **Revitalizing Cream Peel** depending upon area to be treated. With a semi-stiff fan brush, thinly apply peel to the face, neck and décolleté. Avoid eye lids or any other highly sensitive areas. Leave on 2-4 minutes, depending upon skin type then remove with cotton pads, sponges or damp towels. Client may feel mild tingling initially. Remove/neutralize with cotton squares or gauze soaked in a water/baking soda mixture.

Step 5 Saturate two cotton pads with **Sensitive Skin Tonic** and apply to entire face, neck and décolleté to restore the skin pH balance, hydrate and soothe.

Step 6 Perform gentle extractions and High Frequency if needed. LED light therapy may also be used at this time if desired.

## Massage Phase – Time 10 minute

Step 7 Perform facial massage with **Hydra Calm Massage Oil**. Apply a very small amount to pre-moistened hands and begin massage. No need to remove all the oil completely as **Hydra Calm Massage Oil** is a “breathable” non occlusive massage medium. Tissue off excess if desired.

## Mask Phase - Time 10-15 -minutes

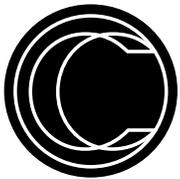
Step 8 Apply a teaspoon of the **Balancing Thermogel Mask** liberally with a fan brush to face neck and décolleté... Leave on for 7-10 minutes. It is also recommended that cooling eye compresses be made with the **Sensitive Skin Tonic** and let sit on the eyes at this time to further calm the eye area. Remove mask with towels and sponges or cotton pads.

Step 9 During this time, perform an additional shoulder, neck and/or scalp massage for approximately 5 minutes while the mask is on the face. Use the **Hydra Calm Massage Oil** to perform a massage to the area then use a warm aromatic towel to remove mask.

## Hydrate and Moisturize Phase – Time 3-5 minutes

Step 10. Apply a small amount (2-3 cc) of **Firming Tri Peptide Serum** to your hands and then massage into face, neck and décolleté. Allow serum to dry.

Step 11. Finish Facial with a light application of **Collagen Eye Defense, Anti-Wrinkle Face and Neck Cream**, and **Oil Free Sunscreen SPF 30**.



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**Retail Follow-Through:**

Reverse and Energize Skincare Kit

**The Revitalizing Cream Peel** is a unique cream exfoliator containing a combination of peptides to strengthen the skin, lactic acid (derived from milk) to reduce signs of aging, and collagen and elastin to add much needed hydration to the skin.

**Tips:**

This peel is gentle enough to use for schools, resorts, cruise ships and properties that aim to keep exfoliation treatment mild. With gloves on, can be lightly massage into skin for several minutes, removed then followed with mask. May be used once a week in a series or added to other treatments, such as microdermabrasion or ultrasonic type treatments for more adventurous treatments.